



# BabyGym<sup>®</sup>

Institute South Africa



## BABYGYM 1 INSTRUCTOR MANUAL

Developed by Melodie de Jager

builds a better brain

# BabyGym 1

## How do you train and qualify to present BabyGym 1?

Due to your experience as a BabyGym instructor, BabyGym1 does not require additional training or a course fee, we invest in your BabyGym practice by giving you BabyGym1 for free. The BabyGym Institute further invests in you by sponsoring your BabyGym1 license fee for 2012/2013 - we want you to fly with BabyGym1!

\*The BabyGym license fee (which includes BabyGym 1, 2 and 3) will increase to R1500 in March 2013.

- **Download BabyGym 1\_Part 1 from <http://instructor.babygym.co.za>**
- **Watch the BabyGym 1 tutorial presented by Melodie de Jager**
- **Work through BabyGym 1\_Part 1**
- **Complete the BabyGym 1 Portfolio of Evidence before 20 April 2012 and submit it via email to Melodie de Jager at [melodie.dejager@babygym.co.za](mailto:melodie.dejager@babygym.co.za)**
- **Due to the number of PoE that will need to be marked, we ask that you allow 10 days before you expect feedback**
- **Pass rate for BabyGym 1\_Part 1 is 100%**
- **Please complete your PoE carefully so we are ready to guide vulnerable moms and dads with compassion, enthusiasm and sound knowledge.**

Once you achieve full marks for Part 1, you will receive Part 2 of the BabyGym 1 manual via email.

Watch the BabyGym 2 tutorial presented by Melodie de Jager

Work through BabyGym 1\_Part 2

Part 2 does not require a PoE.

**Once you have studied both BabyGym 1 Part 1 and 2 you are ready to advertise and present BabyGym 1 classes!**

# BabyGym1®

Dr Melodie de Jager

## INTRO

Good evening, my name is ..... I am a BabyGym Instructor with a passion for developing babies. Not for rushing babies to reach milestones, not by “hot-housing” babies to become geniuses, I am passionate about helping moms and dads to unlock the potential in each and every baby.

You see, we get an instruction booklet when we buy the most basic cell phone; we get instructions on how to warm a woollies meal and even where to tear a packet of peanuts, but when it comes to a baby – no instruction manual!

Our two sessions of BabyGym1 are pretty close to an instruction manual on how to:

- Understand the purpose of the natural birthing process
- Bond with your baby
- Ensure healthy feeding
- Enable baby to sleep better.

You will also learn what to do if colic rears its ugly head or when baby is constipated, because as strange as it may sound to you a baby’s bonding, feeding and sleeping is crucial for early brain development.

## ❖ TELL ABOUT TIFFANY FIELD’S RESEARCH WITH MICE

(Touch and its effect on brain growth hormones, BabyGym manual, 2010: 27).

## YOU CAN DO IT!

Mom and Dad, YOU are the shapers and moulders of a little person and his or her brain– it is your thoughts and feelings and actions that are going to mould and shape him or her into the kind of person he or she is going to become. You and nature ‘co-author’ your baby’s life recipe 50/50.

Rest assured – YOU CAN DO IT!

All you need is time and the urge to succeed, because that triggers something inside you, mom, something that would guide you and prompt you in doing what is best for your little one. This internal guide is your instinct or mommy brain – an innate wisdom that doesn’t know everything, but will lead you in the right direction to speak on behalf of your little one. Mom, you may be unaware (even though I doubt that you don’t know) that for more or less nine months you and your baby have developed a language all of your own – a language that nobody else hears or understands. It is a language that says: “No Mom, I don’t like what you have just eaten, it makes my tummy sore”; or “No Mom, don’t sit or lie like that, you are squashing me!” Or “Yes Mom, you know just how much I like it when you massage your tummy!” Or even “Oh please Mom, walk away from these noisy shops, we need to rest a bit...” This innate wisdom and your very special and private way of communicating help you to create a world that is good and nurturing for your little baby (De Jager, 2011: 9).

Raising a baby is about following your instinct when your baby uses **cries** and **movement** to talk to you. When his cries and movement indicate cramps, talk to somebody that really knows about cramps; when your little

one doesn't want to suck properly – talk to someone who really knows about feeding; when your baby does not cry, talk to someone who knows about baby development – crying is talking. The absence of crying is not a sign of a good baby; it may be a sign that baby needs some help (De Jager, 2011: 10).

Mom and Dad – you can do this - all you need is time and the urge to succeed.

1. you need a list of caring professionals that is your back-up team and who knows about sleeping and crying and milestones and health, each person an expert in his or her own field  
HAND OUT EMERGENCY NUMBER FRIDGE MAGNETS
2. you need to spend time with your baby to get to know him and understand what he is saying. You need time to make eye contact and discover his little body when you bath, dress, massage and feed him. You need time to eat and relax so your body and the milk that you are producing are healthy and free of stress hormones. You need time to rock him and talk to him. You need time to put him down in a safe and healthy environment free of smoke and noise and flickering lights so he can rest and you have time to rest too. A mom is a baby's place of safety. You need time to get to know this vulnerable and dependent little person so you know him or her and what you need to do and when you need someone on your back-up team list. You can do this, you and your baby are a team – team mom and babe!

### What about dad?

Are you just the wallet and equipment carrier Alan Hosking refers to this in his book *What nobody tells a new father*. No, you need time with baby too, Dad, otherwise you may feel left out. Your baby needs you because you feel, smell and sound different to mom and it is this difference that triggers the development of your baby's brain. Dad, it is through contact with you that a bridge is built between a mom as baby's place of safety and the real world – a bridge that takes quite a while to complete before your baby can confidently travel across that bridge to learn about the world and the people, animals and things around him. You are just as important to your baby as mom. You are also very important to mom, because she needs your strength and clarity of thought while she is **feeling** more than **thinking**... (De Jager, 2011: 10).

### What about mom?

To be a good mom, you need to feel a lot (and think a little) to stay in contact with your mommy brain. Your hormones are willing assistants to keep you relaxed and functioning from your mommy brain, more than functioning from your thinking brain. That is why new moms often feel slow and a little out of control. It is exactly how you should feel to be able to get to know your baby. If mom is dashing here and there to look her best at 06:00 every morning, fix dad's breakfast, clean the house, and do her normal daily routine before baby was born – there is no place for baby. Make time for your baby. Be prepared to follow baby's timetable in the beginning. As your relationship with baby develops, you will automatically establish a rhythm and once you have a rhythm, life begins to settle a little more into a routine (De Jager, 2011: 10).

### How does BabyGym fit into the picture?

BabyGym is your instruction manual on how to:

- Bond with your baby
- Ensure healthy feeding
- Enable baby to sleep better.

BabyGym is a bridging class before you attend BabyGym2: Firm Foundations with your baby – a 5 week baby/mom/dad/care giver/granny class to learn how to make the most of the most sensitive period to mould

the brain – conception to 14 months. Research has indicated that the greater the variety of movements that a baby makes before 4 months in life, the greater the chance of a higher IQ. **BUT** remember, brain development is not about “hot-housing” your baby or pushing your baby to reach his milestones earlier, brain development is about the ideal kind of stimulation at the right time. BabyGym mimics natural development and as such is an ‘instruction manual’ for brain development.

## **BRAIN DEVELOPMENT**

During the nine months in utero and the first 14 months in life, baby is acquiring all the tools he will need to survive, grow and develop. Unfortunately many people confuse growth with development and believe that if they feed their baby and keep him beautifully clean, healthy and safe, that all is well. They are right, their baby will grow and the clinic sister and paediatrician will be very happy, but baby needs more than food and a clean nappy to develop. Baby needs stimulation to develop and reach his potential (De Jager, 2011: 12).

### **Stimulation is less about a full tummy and more about the brain**

A full tummy helps baby to grow, but brain stimulation helps baby to develop and to become clever. Moms and dads seldom realise that their new baby needs to learn a lot in his first year and that he needs them to give him the opportunity and stimulation to learn those things. Brain stimulation occurs when you gradually and gently wake up all baby's senses and muscles in a specific sequence. No matter how clever a brain can be, the brain needs wide-awake senses to prompt the brain into action (De Jager, 2011: 12).

‘Senses’ mean the skin's ability to feel, the nose's ability to smell, the mouth's ability to taste, the ears' ability to hear and the eyes' ability to see. These senses are also called the **outside senses** because it is their job to let baby's brain know what is happening outside his body. The brain can't feel, only the skin can feel; the brain cannot smell or taste, only the nose and mouth can smell and taste; the brain can't hear, only the ears can hear; the brain can't see, only the eyes can see. It is these outside senses that warn baby if there is danger, if his nappy is burning his delicate skin or if a person doesn't smell like mommy or a sound is too loud. It is also the outside senses that get overexcited when mommy goes to the mall or to a baby show and there are too many people, smells, sounds and things to see. It is also the outside senses that object when the whole family come to meet baby soon after birth and he cries the whole time. You see, at this stage he is still unable to ignore some of the messages from his senses like you do when you choose who you want to listen to or move away if you don't like a smell or a person. A new-born baby cannot ignore input from his senses or move away yet, so all the smells, people touching him and talking at the same time is hitting his little brain all at once. That is very scary and even overwhelming for your little one and he uses the only way he knows to communicate his fear and insecurity – he cries loudly and moves in an erratic way (De Jager, 2011: 12).

*At this stage we do not mention the inside senses yet, we stick to what mom and dad is more familiar with to not overwhelm them with info.*

### **Over-stimulation**

While your baby is still too young to have his own gatekeeper at the entrance to his brain to choose what he wants to pay attention to and what he doesn't want to pay attention to, he needs a wide-awake mom and dad to choose what is good and what is too much for him. Even though wide-awake senses wake up the brain (which is a good thing); too much stimulation too early is a bad thing and creates something like a traffic jam in your baby's brain. A developing baby would then cry and kick to indicate that this is not a good place to be and

need you to take him somewhere more peaceful where he can just feel, smell and hear you, mom and dad (De Jager, 2011: 13).

The same thing happened while baby was in the womb and you ate a strange new kind of food, or if you were at a club or at a noisy and crowded place or if you were under lots of pressure at work – baby then kicked real hard to draw your attention. Even though baby was surrounded by water which cushioned him from too much sensory input, baby was aware of what was happening (De Jager, 2011: 13).

### Pre-birth stimulation

I know that some people say that you should deliberately stimulate baby before birth, but **be careful of too much pre-birth stimulation** especially of putting earphones on your tummy. Kate thought she was a good mommy and played beautiful music to her unborn child by placing earphones on her tummy. Her two and a half year old little daughter came running past and pulled them off her tummy saying: it is too loud mommy! That made Kate wonder, if her daughter could remember when Kate played music to her when she was still in the womb and wondered if the music was too loud then (De Jager, 2011: 13).

Research has indicated that there is more than enough stimulation in the womb without the need for deliberate stimulation when baby's senses and brain is not strong enough to handle lots of stimulation yet. Listening to your favourite music or reading your favourite quotes aloud may draw a response from your baby once he is born and that indicates that he does recognise it, but it is incidental learning, not deliberate or 'forced' learning. Chances are great that pre-birth stimulation may rather increase your baby's stress level than baby will score an extra IQ point. Follow the guidelines provided by nature – if it was good for baby to see light and darkness pre-birth, there would have been a light switch in the womb. If it was good for baby to learn to count or sing before birth, there would have been a PA system in the womb. Baby needs to feel protected and loved and accepted pre and post birth. Wait a bit with the pressure to perform (De Jager, 2011: 14).

Baby gets ample stimulation in utero.

### PLAY IN-UTERO SOUNDS

Massaging your belly, eating and resting well and maintaining an active life style are all the pre-birth stimulation a baby needs because it:

- lowers stress
- improves development and
- promotes bonding.

*The next section should be presented with great sensitivity. Not all babies will be born naturally and we do not want any mom or dad to feel they are bad parents for whatever reason. We talk about natural birth because it is an important phase in brain development and if baby's birth is different in any way, it is ok, it simply means mom and dad need to do some things to mimic what should have happened so baby does not miss out in any way. NO judgement of any birth choice and later no judgement of feeding options, BabyGym mimics nature and that is why we talk about what is natural, why is it important and what can we do to mimic it if circumstances are different. We do NOT want the entire medical profession up in arms because we condemn anything other than what is natural, that would really be foolish and will destroy BabyGym. We want moms and dads and medical people just to be sensitive to make a few adjustments if things turn out different from natural birth and feeding.*

*Brain stimulation is based on 2 principles: intensity of experience and number of repetitions. Remember the role of these 2 principles in the development of myelin? Natural birth and natural feeding are two high intensity experiences. When things turn out different, we use the repetition principle and that is where BabyGym comes in: through repetition BabyGym mimics natural birth and feeding so baby does not miss out.*

*Another word of caution: if a baby had a tricky pregnancy, birth and first few months it does NOT mean baby will have learning and behavioural problems later! Research has found though, that most children with learning and behavioural problems had problems during pregnancy, birth and first few months. BabyGym offers activities to catch up on brain development and to prevent problems as far as possible.*

***Be knowledgeable, prepared, enthusiastic but totally non-judgemental.***

*If you are a BabyGym Instructor as well as a childbirth educator, remember when you present these two sessions you are a BabyGym Instructor, please refrain from adding to BabyGym 1 course content. It would be a breach of contract if you did.*

### **HOW DOES BIRTH DEVELOP BABY'S BRAIN?**

Birth is the time when you are finally going to meet your baby! It is not as though the two of you do not know each other; you have been living together in the most intimate way possible for more or less 40 weeks, communicating with each other – mom talking and thinking and baby kicking and turning, sometimes even sending a heartburn message. Mom and Dad, if you have been attending antenatal classes you would have been preparing for the big day. No matter how excited you are, the stories told by others, the books you've read and the videos you've seen may have made you doubt your ability – or rather your body's ability to cope with what is about to happen. One of the greatest misconceptions about birth is that mom does all the work and baby is simply a passenger. It is not true - baby works just as hard as you to safely get to the other side. Birthing is team work – Team Mom and Babe! (De Jager, 2011: 39).

*Show laminated in-utero drawing of baby. Focus enthusiastically on the reason for every step of the birthing process. Moms and dads are really scared and even silently terrified of the whole birth story, so focus on the positive, help them see it in a positive way.*

Birthing is exciting, challenging, stimulating and stressful for both mom and baby. As labour progresses, the contractions become longer, stronger and closer together –mom is in pain, uncomfortable and experiencing stronger contractions by the minute. Baby is experiencing serious stress when the world as he knows it is steadily being destroyed by contractions that pushes him into a birth canal that moulds his skull, deprives him of oxygen for short periods of time, threatens to squash his whole body through a hole that seems to be way too small and towards a bright light he has never seen before. As this happens, the birth hormones that help mom become alert and focused, also prime baby's sustaining systems to take over life support in the outside world. His body undergoes intense skin stimulation, giving his nervous system a boost, and at the same time, this pressure 'squeezes' the chest and lungs forcing out excess fluid so that he can breathe with ease once he is born! (De Jager, 2011: 40).

Mom and Dad, rest assured, research has proven time and time again that birth stress is actually good for baby so he is prepared and able to survive outside the womb (De Jager, 2011: 41).

*Write this on your white board before your session starts or create a neat poster.*

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***It is very unlikely that natural selection would go through all the trouble of building our large sophisticated brains only to damage a large portion of them on the way out of the womb***

***Lise Eliot - neuro scientist and mom***

Mom and dad, birth stress is also good for mom. Giving birth is a little like climbing a very high mountain, or running the Comrades Marathon or swimming the Midmar Mile - in a way that seems humanly impossible. Not only does it seem impossible, you (and others) seriously doubt your sanity to willingly want to do it. Mom, it is your instinct talking when you want to have this baby the way nature intended baby to be born. It is your instinct that says: the design is flawless. It is your instinct knocking on the door and telling you to stop working early enough so you can connect with your mommy instinct, rest and relax so your body can do what it was designed to do. Instinct is no partner of stress or rushing around or thinking too much, neither is it found near logic. Instinct partners with your heart, not your head (De Jager, 2011: 41).

Dad, it is mom's instinct that is crying out for you to protect and provide for her so she can focus on baby business. Relax dad, it is not about solely providing forever, but definitely to protect forever. Dad, it is your protection and provision that helps mom to relax, be soft and know: "I'm in good hands, my man will look after us, my man will protect us. My man will provide." Mom cannot relax if she feels unsafe or insecure. Mom cannot give birth the way nature intended if she is not relaxed. Dad, you are important; you are the anchor amidst the storm (De Jager, 2011: 42).

## **BIRTH STRESS**

*Refer to the BIRTH STRESS poster*

It is the stressful experience of birth contractions itself that increase the levels of stress hormones (catecholamine). This stress is hugely beneficial for baby in the following ways:

- Baby tends to take his first breath quicker
  - He is more alert and ready to fall in love with mom
  - His blood oxygen level rises more quickly after birth
  - He is less likely to suffer from breathing problems because the stress hormones helped to absorb excess fluid in the lungs and release lung surfactant needed to make breathing easier. The contractions also help lung function by squeezing extra fluid out of the lungs
  - Because the stress hormones speed up the metabolic rate, it enables him to maintain his body temperature
  - He can neurologically adapt to life outside the womb much better as can be seen from his reflexes, muscle tone and responses in the two days following birth
  - He is more geared towards feeding and tends to suckle with more ease
- He has ingested micro flora while moving down the birth canal that is helpful in lowering the chances of colic (De Jager, 2011: 43).

*Micro flora is probiotics similar to antibiotics but a natural substance that helps metabolism. For more information see article **Probiotics vs antibiotics** on [www.babygym.co.za](http://www.babygym.co.za), also encourage moms and dads to go and read it. If you send them to the web instead of printing or mailing it to them, they get to read a lot more about BabyGym and baby development. This is called soft selling. Chances are far greater that they will attend your BabyGym 2: Firm Foundations and BabyGym 3 sessions after visiting the web.*



*NOTE BabyGym Instructors do not talk about **normal** birth, we talk about **natural** birth. Normal refers to 'what is happening more often or what is 'the norm'. At this stage C-sections happens more often than natural birth in the market where we offer BabyGym. Because C-section is more common than natural birth it means C-section birth is currently viewed as normal birth.*

Babies born by C-section do not experience the same levels of stress hormones (catecholamine) as babies born naturally. Depending on mom's anaesthesia, C-section babies' catecholamine levels may be between two and 10 times lower, their initial responses slower and their suckling weaker. Catecholamine levels in babies born by C-section after the spontaneous onset of labour are much closer to the levels of catecholamine in babies born naturally. Lower levels of stress hormones means baby need his/her lungs to be cleared mechanically, may be a bit more slow in responding in the beginning and the urge to suckle may be slower too (De Jager, 2011: 43).

*Refer to poster:*

**It is reassuring to know that 98% of all babies are born healthy.**

Rest assured, you and baby will be in good hands. You may just need to do a few things to wake up baby's senses and his or her instinct to suckle. Why? In the absence of contractions, baby's senses need a boost for baby to become alert and ready to bond and suckle.

When baby is born he or she is either very alert and exhausted, or exhausted but not very alert. Either way, baby is desperate to be one with mom again, to rest, to relax and in a while to suckle at her breast. Dad, it is your mission to get baby skin on skin onto mom's chest as soon after birth as it is possible, but without interfering with urgent medical procedures.

## **APGAR SCORE**

*Refer to Apgar score poster*

it is the Apgar score that show the birth support team if baby is ready to navigate life after birth.

APGAR stands for:

**A**pppearance

**P**ulse

**G**rimace

**A**ctivity

**R**espiration (De Jager, 2011: 140).

Baby can score 0, 1 or 2 for each of the 5 APGAR categories – 0 means no response; 1 means it is there but not quite; and 2 means all is well. An APGAR score is taken at 1 minute and 5 minutes after birth. A score between 8 to 10 at 1 minute and 10 at 5 minutes says all is well, baby is able to easily adapt to life outside the womb. A score below 6 at 5 minutes says baby needs a bit of support and the best place for now, is in ICU for observation.

## **High APGAR**

Dad, do you remember your mission? To get baby as soon as possible onto mom's chest skin on skin. It is the best possible way to de-stress – at birth and later. Remember: skin on skin.

## **Low APGAR**

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A low second APGAR score says baby is battling a bit to adjust and need support. Remember what baby knows - life inside the womb. Human hands, medical smells, bright light, sharp sounds, cold air are all strange, and are very different from life inside the womb and it makes baby feel threatened and unsafe.

When a baby (like us) feels threatened and unsafe, the withdrawal reflex is triggered and the little one literally wants to run for cover, except baby can't run yet! That is when a baby wails and kicks and splays his fingers wide open like a traffic cop to say: STOP, I need to move away from what is happening – later it may be a noisy mall, a shouting family or the arms of a stranger, but now it is from the strangeness of the whole situation.

Mom and dad, respond quickly to baby's need to withdraw and be comforted. Comfort is normally an in-the-womb kind of experience, and means that baby needs to be away from different smells, sounds, light, people and things. Baby needs to be close to all that he knows, and he knows mom's smell, he needs mom's touch, he needs mom's gentle movement and her soft sing-song voice that soothes him before he can taste mom's reassuring milk. It is due to the withdrawal reflex that babies often battle to latch, feed and be comforted, which makes a new mom feel totally helpless and inadequate (De Jager, 2011: 61). Mom and dad, stay out of your reflex brain's need to withdraw! Take a couple of deep breaths and know: you can do this!

If baby needs support, you just need to wait a little longer to comfort baby, but it is ok – first things first. Dad, have a soft and clean face cloth available and wipe mom's skin with it, so mom's smell fills the face cloth. If baby needs to go into an incubator, place the cloth close to baby. Mom's smell is reassuring and will help baby to calm down and become stronger and once baby is stronger, it is skin on skin time. Touch, smell and taste is reassuring, so even if the baby is in an incubator, touch baby and make sure you put a fresh and mommy-smelling face cloth/nappy or T-shirt close to baby. Talk to baby, your voice is a life line. What should you tell baby? How healthy and strong he is going to be one of these days; what his/her room looks like; whatever pops up in your mind. Babies bond with mom's through her soothing voice, smell, taste and touch. You can bond with baby even while he/she is in an incubator (De Jager, 2011: 61).

*Refrain from dwelling on what can go wrong. Focus on what can be done and why.*

### **What about mom?**

Mom, it is natural to feel a little stressed and unsure no matter what baby's APGAR is. Relax, you can do it! Baby takes all his cues from you. Here are a few activities to help you to relax (BabyGym manual, 2010:44).

Relax	<ul style="list-style-type: none"><li>• Vagus-nerve –rub under collarbone in line with left eye</li><li>• Use fist and thumb rhythmically on the breast bone</li></ul>
Breathing	<ul style="list-style-type: none"><li>• Breathe deeply</li><li>• Breathe slowly</li></ul>
Control	<ul style="list-style-type: none"><li>• Bear hug (self)</li><li>• Tongue against palette</li></ul>

### **What about baby?**

Baby needs to relax to:

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- dissolve the stress hormones
- to feel comforted by mom's touch instead of being afraid of touch
- latch and start feeding
- fall asleep.

The most natural way to relax mom and baby is to “unwrap” baby and place baby skin on skin on mom's chest. Mom's chest is warm and the safest place on earth. Mom's smell and her body rhythm and her soothing voice have an immediate calming effect on baby and the stress hormones can dissolve (De Jager, 2011: 91).

Once mom and baby has rested, the BabyGym Birth massage is a simple but relaxing massage to help baby to feel safe and secure and ready to adjust to the world around him. It will not be done at birth, but as soon as everything is calm. There is no rush.

### **Back to brain stimulation**

For the first few weeks after birth, adjustment, relaxation, feeding and sleeping are the best brain stimulation a baby can get. There after we will focus on more advanced brain stimulation during the BabyGym 5-week Firm Foundation sessions, for now, you and your baby need to adjust.

While mom and baby are adjusting, BabyGym 1 offers enough activities to stimulate baby's brain without over-stimulating it for the first three weeks. Massage is simplest form of mimicking contractions and works just like a deep tissue massage – it relaxes, removes toxins and makes baby feel comfortable in his or her skin.

This week we focus on relaxation through a very easy but effective massage and next week we focus on activities to stimulate suckling, metabolism and sleeping. These BabyGym activities work. They are safe and can be done on any baby irrespective of birth procedure – natural, assisted or emergency procedures. **Always** remember to communicate with your baby and be aware of any STOP signs. STOP when baby has had enough, but do not be afraid to continue when he or she moans. STOP when you see baby is not moaning but getting stressed. Just remember, babies who had a bit of a rough start, need massage more, but they tend to moan more. Use your voice and a calm, warm and low light environment to soothe baby with firm massaging movements. Refrain from using scented oils, rather work with cold pressed sunflower oil, the smell is neutral and mom's smell is calming.

*BabyGym 1 massage is a simplified version of BabyGym massage (BabyGym manual, 2010:30-32 and the Mind Moves massage (de Jager, 2009:16).*

## BabyGym new-born massage

Babies develop from head to toe and from inside to outside. That is why we massage from head to toes and from body to fingers and toes.

Make sure the room is warm enough and the light is low, with no sharp smells present.

Choose a relaxing song and play the same song every time. In time baby will automatically relax when he or she hears the song. Do not put an electronic device like a cell phone or mp3 etc. close to baby (possibility of radiation, research does not have conclusive evidence yet, but rather safe than sorry.).

Get cold pressed sunflower oil and a towel ready

Play your massage song softly in the background

Undress and place baby on his back on the towel

Take a bit of cold pressed sunflower oil and warm it in your hands

Gently cradle baby's head in your hands and tell baby that you are going to massage his whole body from head to toe

Massage baby's ears from top to bottom to relax and prevent over-stimulation

Firmly trace the outline of baby's body from head to toe – encircle each leg as you move towards the feet and name every part of the body as your hands touch the body part

Hold his feet firmly for a moment with the legs straight to create a sense of security

Apply pressure on the toe nails so the brain becomes aware of where the body ends

Take a bit of cold pressed sunflower oil and warm it in your hands

Apply cold pressed sunflower oil from base of the tummy, up across the chest, around the shoulders, along the arms to the hand and open up the hands

Hold his hands for a moment with the arms straight to create a sense of security

Apply pressure to the fingernails so the brain becomes aware of where the arms end

Turn baby over and place baby's chest on a rolled-up hand towel to open the airways and to introduce tummy time

Take a bit of cold pressed sunflower oil and warm it in your hands

Apply cold pressed sunflower oil from the bum, along the spine, around the shoulders, down the arms, unfold and hold the hands to create a sense of security. The fingers will curl around your finger for extra sense of safety and security.

Turn baby over and pick baby up in the towel. Hug and rock and know you have just relaxed baby and in so doing - built a better brain!

*Repeat the steps and encourage mom and dad to practise on each other.*

*Give an opportunity for questions. If you are not sure of the answer, write it down and undertake to find out and send the whole group the answer ASAP. Where will you get your answer? Email the BabyGym Institute. Your questions will enable us to develop a frequently asked questions and answers document, which will be helpful to all.*

*Refer to the summary poster*

1. **BabyGym is about ...**
2. **The purpose of BabyGym 1 is ...**
3. **All you need to succeed is...**
4. **Baby talks from early on using...**
5. **Mom's role is to...**
6. **Dad's role is to ...**
7. **Functions of birth stress are ...**
8. **APGAR is an acronym for ...**
9. **If baby needs support, what can we do to de-stress baby ...**
10. **If mom (or dad) feels overwhelmed, she/he can ...**
11. **If baby feels overwhelmed, mom and dad must...**
12. **How do you recognise a overwhelmed / overstimulated baby ...**
13. **In the first few weeks, the best brain stimulation is to...**
14. **The best oil to massage baby is...**
15. **BabyGym 1 Relaxing Massage.**

*Send the summary poster info via email to all the parents, but in question form. They need to complete the questionnaire and return to you before the next session. This is important because you will get a sense of where you need to recap a bit more comprehensively.*

End the session with the words: rest assured mom and dad, you can do it!

De Jager, M. 2010. BabyGym Instructor's Manual. Johannesburg: BabyGym Institute.

De Jager, M. 2011. brain development MILESTONES & learning. Johannesburg: Mind Moves Institute.

De Jager, M. 2009. Mind Moves – moves that mend the mind. Johannesburg: Mind Moves Institute.

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# Portfolio of Evidence: BabyGym 1

1. BabyGym is about ... (1)
2. Purpose of BabyGym 1 is...(4)
3. All you need to succeed is... (2)
4. Baby talks from early on using...(2)
5. Mom's role is to...(1)
6. Dad's role is to ...(2)
7. Functions of birth stresses are... (8)
8. APGAR is an acronym for... (4)
9. If baby needs support, what can we do to de-stress baby... (4)
10. If mom (or dad) feels overwhelmed, she/he can .... (6)
11. If baby feels overwhelmed, mom and dad must act immediately, why ...(1)
12. How do you recognise a overwhelmed/ overstimulated baby...(3)
13. In the first few weeks, the best brain stimulation is to...(4)
14. Why should scented oils be avoided...(2)
15. A hernia is...(1)

**Every question must be referenced**

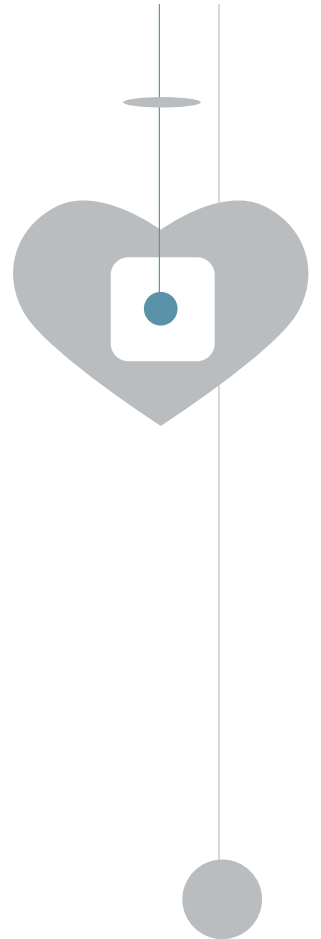
**TOTAL 45**



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**BABYGYM1**



## BIRTH STRESS

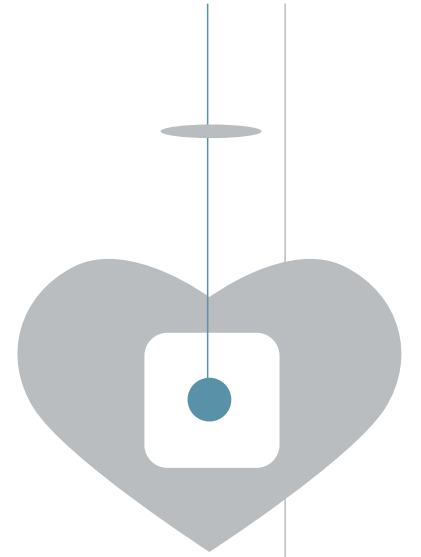
- first breathe
- alert
- blood oxygen level
- breathing
- body temperature
- reflexes, muscle tone and responses
- feeding
- micro flora

builds a better brain



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**BABYGYM1**

**It is reassuring to know that 98%  
of all babies are born healthy**

builds a better brain





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**B A B Y G Y M 1**

## APGAR SCORE

APGAR stands for:

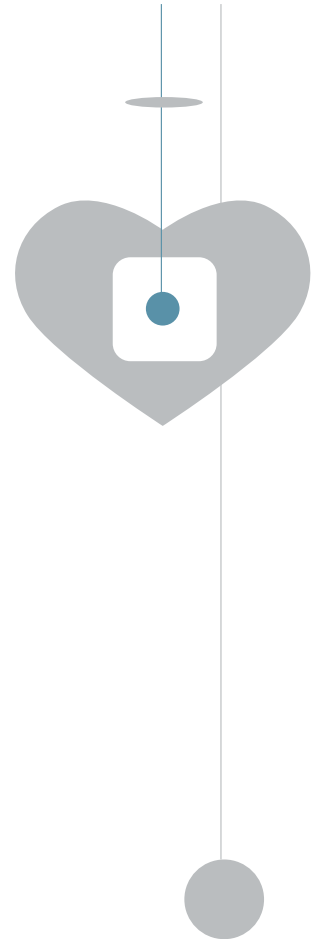
**A**ppearance

**P**ulse

**G**rimace

**A**ctivity

**R**espiration



builds a better brain

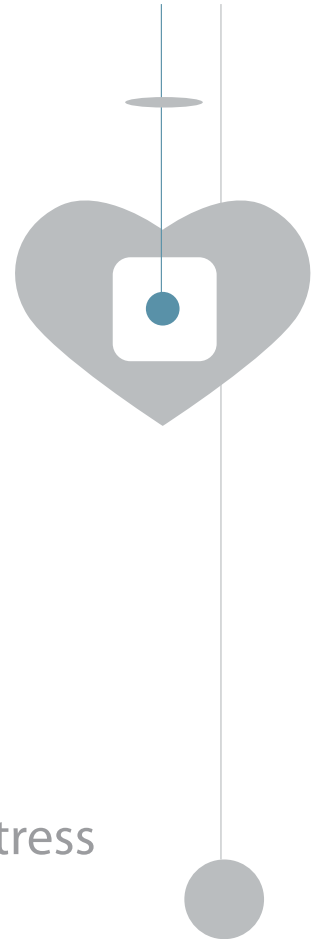


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### **B****A****B****Y****G****Y****M****1**

1. BabyGym is about ...
2. The purpose of BabyGym 1 is ...
3. All you need to succeed is...
4. Baby talks from early on using...
5. Mom's role is to...
6. Dad's role is to ...
7. Functions of birth stress are ...
8. APGAR is an acronym for ...
9. If baby needs support, what can we do to de-stress baby ...
10. If mom (or dad) feels overwhelmed, she/he can ...
11. If baby feels overwhelmed, mom and dad must...
12. How do you recognise a overwhelmed / overstimulated baby ...
13. In the first few weeks, the best brain stimulation is to...
14. The best oil to massage baby is...
15. BabyGym 1 Relaxing Massage.



builds a better brain